Model No. WEMC09430
Serial No. _____

Write the serial number in the space above for future reference.

CROSS BOW™ by WEIDER®

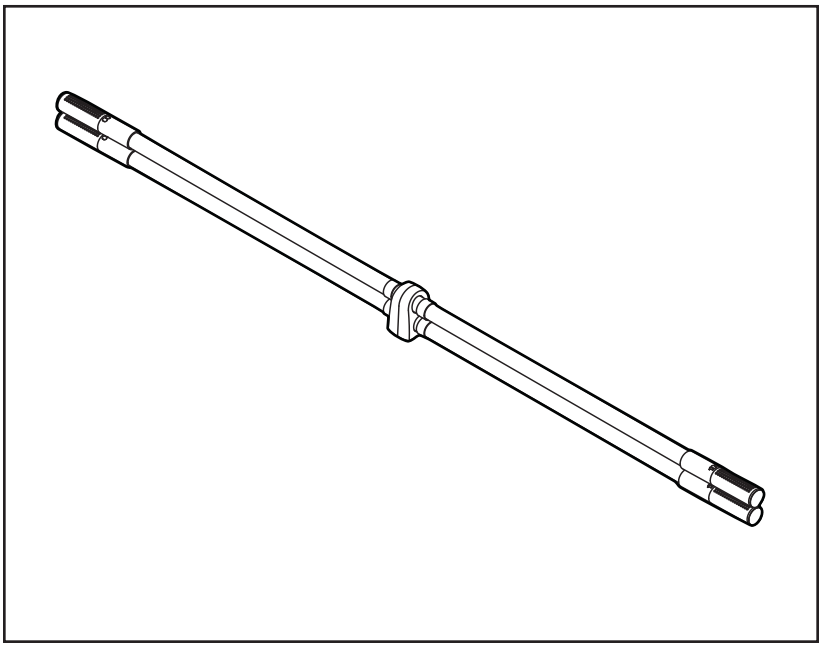
POWERPAK

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:
1-800-999-3756
Mon.–Fri., 6 a.m.–6 p.m. MST



USER'S MANUAL

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Visit our website at

www.TheCrossBow.com

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CrossBow by WEIDER is a trademark of ICON Health & Fitness, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the resistance system.

1. **Read all instructions in this manual and in the literature accompanying the resistance system before using the resistance system. Use the resistance system only as described in the literature.**
2. **It is the responsibility of the owner to ensure that all users of the resistance system are adequately informed of all precautions.**
3. **Keep children under 12 and pets away from the resistance system at all times.**
4. **Keep hands and feet away from moving parts.**
5. **Use only the resistance included with a POWER PAK. Do not use other types of weight with the resistance system.**
6. **When adding resistance, both ends of the crossbows must rest under the two "U"-channels. Add and remove crossbows from the "U"-channels one crossbow at a time.**
7. **Keep clear of the area around the "U"-channels while the resistance system is in use. Do not add or remove crossbows from the "U"-channels while the end of the long cable is pulled out.**
8. **Make sure that all parts are properly tightened each time you use the resistance system. Replace any worn parts immediately.**
9. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the CrossBow by WEIDER™ resistance system POWER PAK. The CrossBow by WEIDER™ uses progressive resistance. As the crossbows begin to bend, the amount of resistance will increase gradually. As the crossbows bend further, the resistance will increase rapidly. The POWER PAK is designed to increase the amount of resistance available on the CrossBow by WEIDER™ resistance system.

For your benefit, read this manual carefully before using the POWER PAK and the resistance system.

If you have questions after reading this manual, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEMC09430. The serial number can be found on the product packaging. Record the serial number on the front cover of this manual.

ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- Make sure all parts are oriented as shown in the drawings.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

The following tools (not included) are required for assembly:

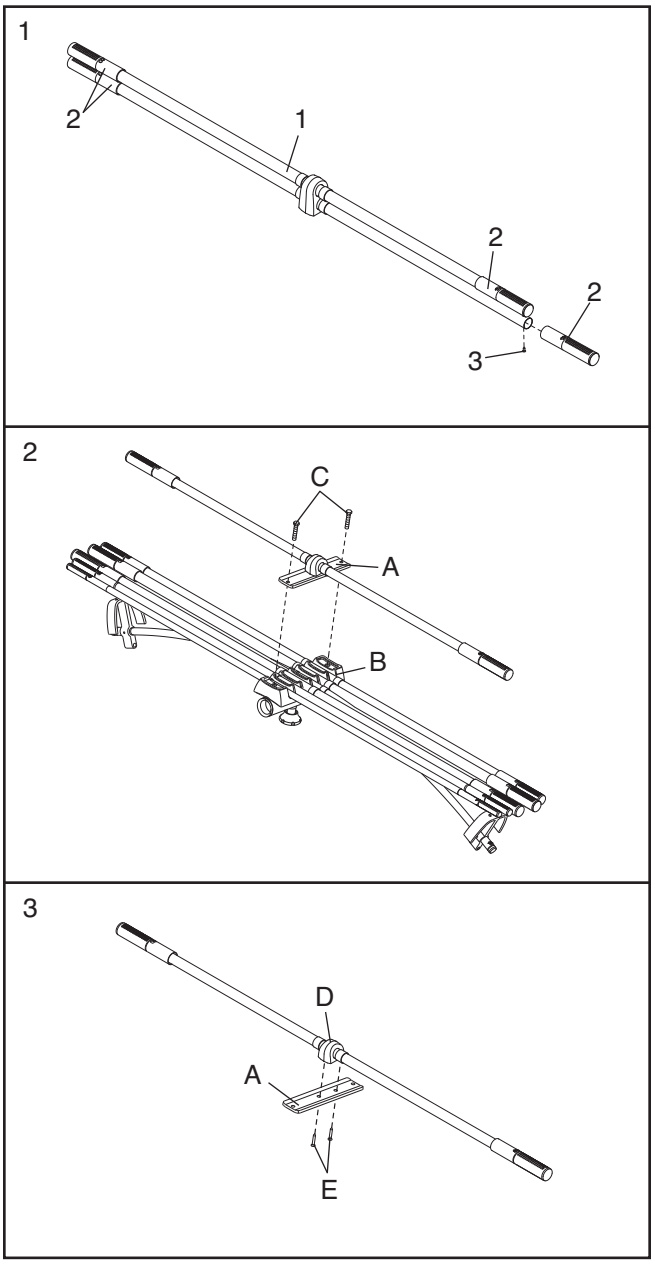
- **One standard screwdriver**
- **One Phillips screwdriver**
- **One Allen wrench (included with the CrossBow by WEIDER™ resistance system)**

1. **Before beginning assembly, make sure that you have read and understand the information in the box above.**

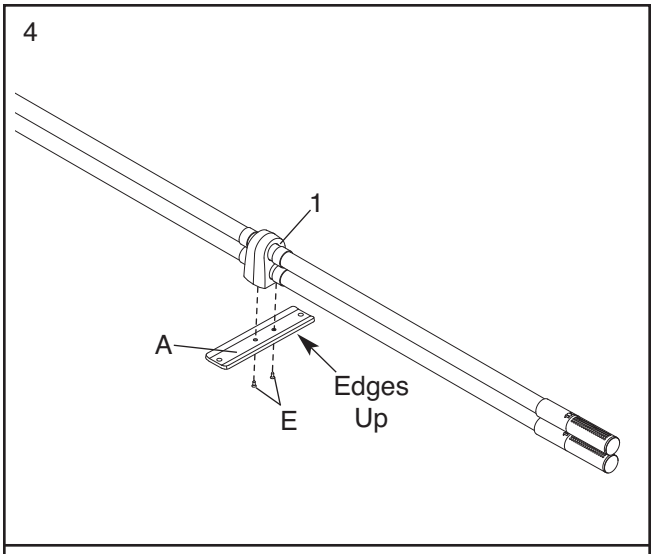
   Attach a Cap (2) to one end of the 200-pound Top Crossbows (1) with a #8 x 1/2" Flat Head Screw (3). **Repeat with the other Caps.**

2. Locate the Crossbow Spacer (B) on the resistance system. Remove the two indicated Button Head Screws (C) and the Crossbow Cover Plate (A) from the Crossbow Spacer. **Note: The crossbow assembly is shown removed from the resistance system for clarity.**

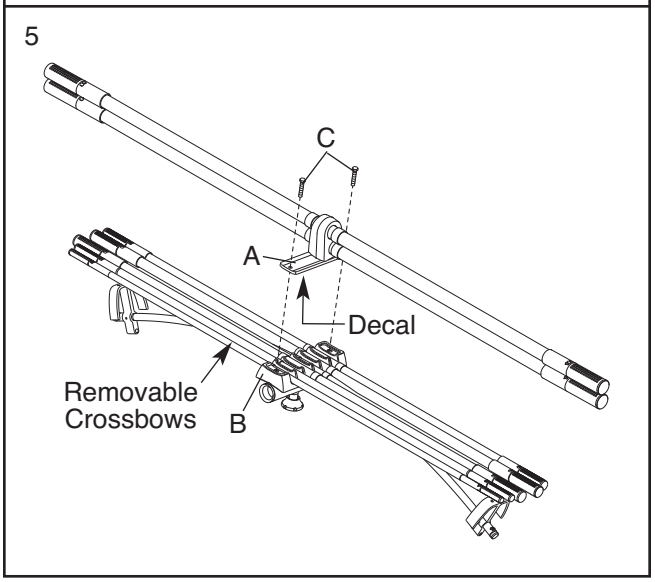
3. Remove the 80-pound Top Crossbow (D) from the Cover Plate (A) by removing the two Screws (E).



4. Attach the 200-pound Top Crossbows (1) to the Cover Plate (A) with the two Screws (E) removed in step 3. **Make sure the Cover Plate is oriented with the edges up.**



5. Reattach the Cover Plate (A) to the Crossbow Spacer (B) with the two Button Head Screws (C) removed in step 2. **Note: Make sure the decal is over the removable crossbows.**



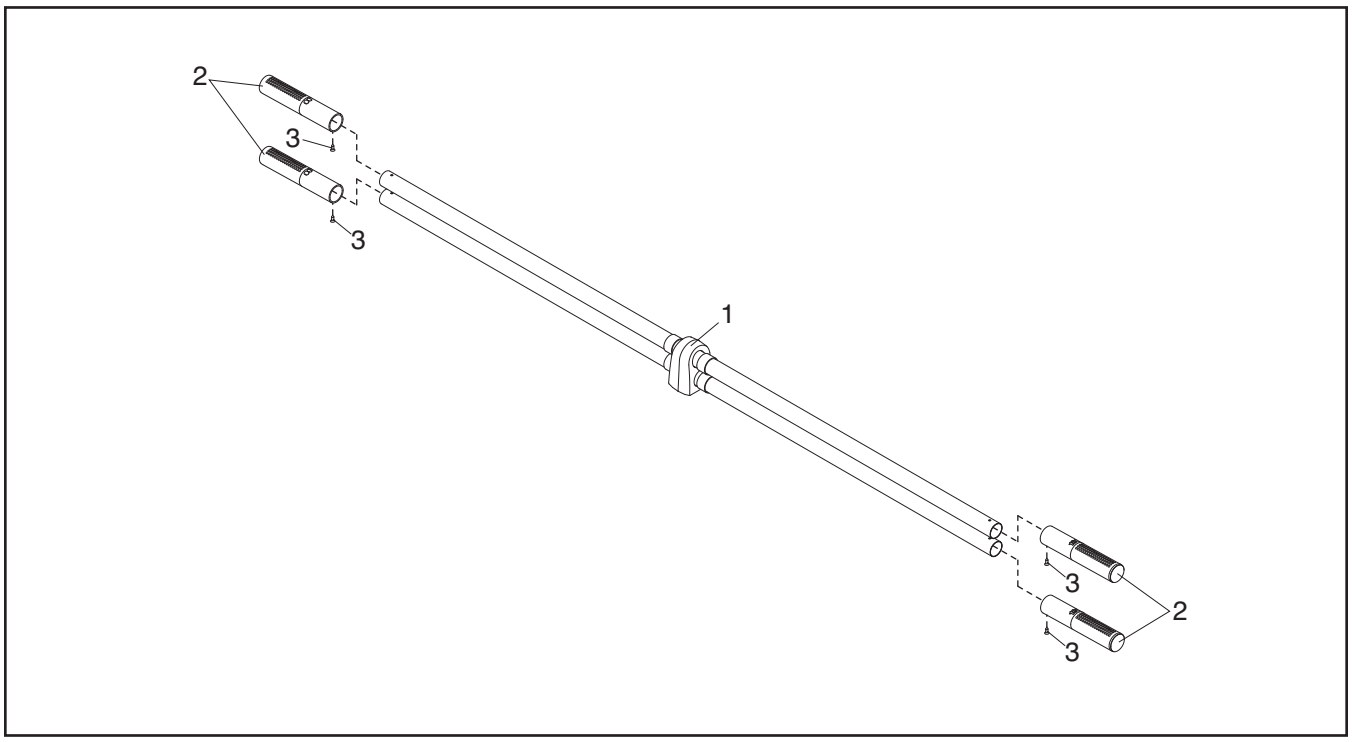
6. **Make sure that all parts have been properly tightened. To use the POWER PAK to add resistance, refer to ADJUSTING THE RESISTANCE in the CrossBow by WEIDER™ user's manual.**

PART LIST/EXPLODED DRAWING—Model No. WEMC09430

R0303A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	200-pound Top Crossbows	3	4	#8 x 1/2” Flat Head Screw
2	4	Cap	#	1	User’s Manual

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.



NOTES

ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (WEMC09430)
- The NAME of the product (CrossBow by WEIDER™ resistance system POWER PAK)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING on page 6 of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions. ICON warrants all parts for five (5) years. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

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